

Angel Food Cake

Makes: 12 Servings

This recipe gives clear and easy instructions for making the classic, fluffy

Ingredients

- 1 1/2 cups** egg whites
- 1 teaspoon** cream of tartar
- 1 1/2 cups** sugar
- 1 teaspoon** vanilla extract
- 1/4 teaspoon** salt
- 1 cup** flour (sifted)

Directions

1. Preheat the oven to 325°F. In a large mixing bowl, beat the egg whites until they are foamy.
2. Add the cream of tartar and beat until stiff, but not dry. Gradually beat in the sugar
3. Add the vanilla and salt and then gently fold in the flour.
4. Pour the mix into an angel food tubular pan and bake for 1 hour and 15 minutes, or until the top is nicely browned.



Source: Ohio State University Cooperative Extension, Sandusky C

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg
Total Carbohydrate	33 g
Dietary Fiber	0 g
Total Sugars	25 g
Added Sugars included	24 g
Protein	4 g
Vitamin D	0 IU
Calcium	4 mg
Iron	1 mg
Potassium	98 mg

N/A - data is not available

MyPlate Food Groups

	Grains	1/2 ounce
	Protein Foods	1/2 ounce